



EXPANDED FOOD GUIDE CHOICES DURING COVID-19

Effective April 1, 2020

See below for additional food choices and package sizes allowed in the Michigan Food Guide until further notice. For more information, please refer to the [Food Guide](#).

Whole Grains – Bread:

- Lewis Bakeries, 100% Whole Wheat

Whole Grains - Oatmeal:

- Best Choice, Quick Oats 16oz
- Best Choice, Old Fashioned Oats 16oz

Whole Grains – Pasta:

- Full Circle 16oz

Whole Grains – Tortillas:

- Best Choice, 100% Whole Wheat Fajita Size 8 count
- Frescados, Whole Grain 10 count
- Kroger, Yellow Corn 24 count
- Our Family, Whole Wheat 8 count
- Our Family, Soft Taco size 10 count
- Our Family, White Corn 16 & 18 count
- Our Family, Yellow Corn 18 & 24 count

Cold Cereal:

- Any current WIC cereal now allowed in an 8oz or larger box
- Also now allowed...

General Mills:

- Chex
 - Cinnamon
 - Blueberry
 - Vanilla
- Kix
 - Berry Berry*
 - Honey*

- Wheaties*
- Whole Grain Total*

Kellogg's:

- All Bran Complete, Wheat Bran Flakes*
- Crispix, Plain*
- Frosted Mini Wheats Bite Size
 - Blueberry*
 - Filled Mixed Berry*
 - Strawberry*
- Frosted Mini Wheats Little Bites*
- Special K, Banana
- Special K Protein
 - Honey Almond Ancient Grains*
 - Original Multi-Grain Touch of Cinnamon*

Post:

- Grape Nuts
 - Flakes
 - Original
- Great Grains, Crunchy Pecan
- Honey Bunches of Oats, Pecan and Maple Brown Sugar

Quaker:

- Life, Strawberry
- Life, Vanilla

Store Brands:

- Always Save
 - Corn Flakes
 - Frosted Shredded Wheat*
- Best Choice
 - Crispy Rice Squares
 - Crispy Hexagons
 - Crunch Wheat Biscuits*
 - Instant Oatmeal (regular flavor individual packets)
 - Wheat Crisps

Starred items () are Whole Grain*

Infant Cereals:

- Any Brand
- Organic allowed

Infant Fruit and Vegetables:

- Any Brand
- Organic allowed

- Single 4oz Containers
- Multi-packs of 1 oz, 2 oz, or 4 oz
- No pouches

Infant Meats:

- Any Brand
- Organic allowed

Beans, Lentils & Peas:

- Fat Free Refried Beans
- Randall (15-16oz jar)

Yogurt:

- 2 oz tube 8-pack (16oz total)
- 2 oz tube 16-pack (32oz total)
- Activia multi-packs, 4oz 4-pack & 4oz 8-pack
- Lala, 32oz
- Prairie Farms, 32oz

Cheese:

- If your Shopping List says 1 LB (16oz), you can choose two 8oz or one 16oz package
- Any type prepackaged sliced cheese, in addition to American (without individual wrapping)

Soy Beverage:

- Silk, Original 32oz & 64oz shelf stable